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Firefighters look over the balcony a man leapt over to save himself from an apartment fire at 120 Donald St. on Sunday morning. Inset, the lone occupant of the burning suite can be seen waiting for rescue after the jump. SHANE GIBSON/METRO; INSET: COURTESY BARRIE SIMONEAU

Man in hospital after dire leap to escape flame

Narrow escape.
Witnesses describe
harrowing scene
at apartment fire

**SHANE
GIBSON**

shane.gibson@metronews.ca

A man was taken to hospital suffering from burns after a fire in his downtown apartment suite Sunday morning forced him to hop over his balcony and wait for rescue on a secondary roof some 70 feet above the pavement.

Firefighters were called to the fire in the one-bedroom suite at 120 Donald St. shortly before 8 a.m. Witnesses told Metro they watched as the man climbed out of his smoke-filled apartment in just

Aftermath

"There's a tremendous amount of damage to the suite."

Ted Kuryluk, Winnipeg Fire and Paramedic Service platoon chief

his underwear.

"As the smoke turned to flames and started coming out of his apartment about 20 feet, he was really in distress and screaming for help," said Barrie Simoneau, who watched the scene unfold from his seventh-floor office directly across from where firefighters eventually rescued the man.

"Once they got the fire out, they came out and got him and took him back through the apartment."

Ted Kuryluk, Winnipeg Fire and Paramedic Service

platoon chief, said firefighters were able to get the blaze under control within "a matter of minutes," and the man, who was the lone occupant, was taken to hospital in unstable condition.

"The one suite was well involved with a tremendous amount of fire load going on inside," Kuryluk told reporters at the scene.

"(Firefighters) managed to hit the seed of the fire right in the beginning.... There's a tremendous amount of damage to the suite."

Firefighters were able to keep the fire to just the one suite, but Kuryluk said other suites would have smoke and water damage as well.

The cause of the fire is under investigation by members of the Arson Strike Force.

A damage estimate was not immediately available.

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WHAT'S GOOD
Ace Burpee

If you're going to have someone represent your home on a television show, you could hardly do better than the two men that flew the flag for Winnipeg on Amazing Race Canada.

Tim Hague Sr. and Tim Hague Jr. were everything you'd like people to think we are. They worked hard, they were fair (Hal and Joanne were competition, it's a game), they conducted themselves with class ... you name something inherently good, and they were that.

While I know that what the rest of the country thinks of us is not the be-all and end-all, I still much prefer that we project something positive and Tim and Tim did just that.

I doubt we could have chosen better ambassadors had we tried.

Tim Sr. was diagnosed three years ago with Parkinson's disease. This, he attacked with positivity and a refusal to let it define him. Triathlons and half marathons have since been completed, and he may just end up winning Amazing Race Canada. Not once did he play the victim card.

Tim Jr. is a mirror image of his old man. They're just both beauties.

Have each other's backs, work hard, don't complain, never quit, and respect others.

You never know where it will take you.

Best of luck Tim and Tim. You've done us proud.

ACE BURPEE IS A LOCAL WRITER, RADIO-SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Motorcycle crash. Man still in critical condition

The motorcyclist involved in a serious crash with a cyclist in the Mynarski neighbourhood last week remains in critical condition, and police say charges may be laid.

The crash happened at about 10 p.m. near the corner of McPhillips Street and Machray Avenue Thursday when the 32-year-old male driver crashed into a 23-year-old male cyclist at the intersection. The cyclist sustained non-life threatening injuries.



A motorcycle crashed with a cyclist on Thursday. SHANNON VANRAES/METRO

Police said both speed and alcohol are being investigated as factors in the crash. **METRO**

Gun thefts. Winnipeg police make quick arrest

A man is facing more than 20 charges after police were able to recover guns stolen from a vehicle in downtown Winnipeg last week.

Cops were called to a parking lot in the 100 block of Smith Street on Sept. 9 after two rifles were stolen during a vehicle break-in.

Detectives were able to identify a suspect, who they say quickly sold the stolen guns.

On Saturday night, officers arrested the suspect in the 200 block of Main Street and recovered the two stolen rifles.

Douglas Langan, 49, is facing four counts of unauthorized possession of a firearm, two counts of theft under \$5,000, and two counts of possession of a weapon obtained by crime, among a number of other charges.

METRO

From nearly cancelled to big 'Peg success

Terry Fox Run. 500 per cent increase in participants reported over last year

Organizers of Winnipeg's annual Terry Fox Run were overwhelmed with the turnout at this year's event, after low turnouts over the past few runs.

"They said it may have been cancelled this year, even in Winnipeg where Terry was born," said event co-chair James Follette, who said more than 1,100 runners came out to take part in the 33rd annual run which took place Sunday morning at Assiniboine Park. "From an event that may have been cancelled to having this many people, and seeing the smiles on people's faces ... that's a success."

Last year's run saw less than 300 participants take part in Winnipeg, said Follette.

While an exact number on the funds raised this year in Winnipeg wasn't available by press time, organizers said \$22,000 had already been raised before the run got started Sunday.

"Eighty-four cents out of every dollar (raised) goes back to research for cancer; that is one of the highest for any cancer event," said Follette.

As well as calling for more participants this year, national organizers said back in May that a drop in volunteers over the years was also putting the event in jeopardy.

Follette said that call was heard loud and clear in Winnipeg, with nearly 70 volunteers coming out to make sure the event could go on.

"Ultimately Terry Fox is a Canadian icon," said Follette. "What he gave of himself over that period of time when he did the Marathon of Hope, the least we can do is keep that memory alive." **SHANE GIBSON/METRO**



Organizers say more than 1,100 people took part in the 33rd annual Terry Fox Run at Assiniboine Park Sunday morning. SHANE GIBSON/METRO

1 NEWS

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Teen in critical condition. Man charged with impaired driving in high-speed crash

A man is facing impaired driving charges after a high-speed crash Saturday left an 18-year-old woman fighting for her life in hospital.

While cops had been following the Toyota Camry through the Maples with their lights flashing when it crashed into another vehicle, police stopped short of calling it a chase on Sunday.

"Officers at minimum were following this vehicle ... as a result it went through numerous stop signs, at high-speeds through residential areas," said police spokesperson Const. Jason Michalysen.

"I can't confirm ... whether an official police pursuit occurred."

Officers began following the Camry when they noticed it driving erratically near Jefferson Avenue and Sheppard Street, police said. Michalysen said the driver hit speeds in excess of 100 km/h before crashing into a Nissan Altima at the corner of Maberley Road and Mapleg-

Quoted

"Officers at minimum were following this vehicle ... as a result it went through numerous stop signs, at high speeds through residential areas."

Police spokesperson Const. Jason Michalysen

len Drive around 10:25 p.m.

The 18-year-old female passenger of the Camry was taken to hospital in critical condition, while both the 19-year-old male driver of the Camry and the 27-year-old man behind the wheel of the Altima are in stable condition, police said.

Brandon Linsangan, 19, was arrested and is facing charges including impaired driving, two counts of impaired driving causing bodily harm, flight from a police officer and driving while disqualified. **SHANE GIBSON/METRO**

Interlake-Eastern Health. Elderly Manitoba man dies from West Nile virus

Manitoba Health says a man in his 80s has died of West Nile virus.

The government said Friday the man had West Nile virus neurological syndrome, a rare but more serious condition caused by the virus.

The man was a resident of the Interlake-Eastern Health region and the government said he was exposed to the

virus during the first half of August.

The government said this is the first West Nile virus death reported since January 2008 and the eighth death since the province began collecting this information.

No other details will be released to protect the man's health information.

THE CANADIAN PRESS

Use roadwork surplus for more repairs: Coun.

'Out-of-pocket'
Councillor questions
property tax increase
in light of surplus



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The City of Winnipeg is looking at an unexpected surplus when it comes to this year's budget for roadwork.

City officials told councillors on the finance committee Friday that there would be a \$7.2 million surplus because more companies bid on the work, bringing the costs below what was budgeted.

"To their surprise, which I think is a positive thing, the pricing has come in on a very competitive basis," said committee chair Coun. Russ Wyatt (Transcona). "In this case the industry responded, which is great."

Coun. Paula Havixbeck (Charleswood-Tuxedo) said the surplus for local and regional streets, at \$3 million and \$4.2 million respectively, is "concerning."

"If we collect the money, especially within the year of a tax increase, and I heard \$4.2 and \$3 million for \$7.2 million, you know \$4.2 million, that's one per cent on people's taxes that we charged, that they're out-of-pocket," she said. "Why did we charge more?"

Havixbeck said she spoke to a construction industry official earlier this summer and believes there was still time before winter to fund more



Coun. Paula Havixbeck said a \$7.2 million surplus for improvements to local and regional streets is "concerning."
BERNICE PONTANILLA/METRO

projects. She doesn't understand why that wasn't done.

"I still see that there's more that we could be doing instead of keeping the money on the books now, (because) when will it go? Or does it go back to offset maybe that shortfall now? Maybe \$11 million is not really the deficit being projected if you've got a \$7 million surplus," she said, calling the \$11.2 million deficit as of June 30 "fear-mongering," since every year city hall finds a way to balance its books, which it is required

Costly snow clearing

The first three months of 2013 proved to be costly indeed when it came to paying for snow clearing, which is being held responsible for much of the \$11.2 million deficit. A city official said during Friday's finance commit-

tee meeting that in a normal year, Winnipeg gets 15 snow events. In January of 2013 there were 15, then five in February and another nine in March, for a total of 28 ... and the upcoming season hasn't yet begun.

by law to do.

Wyatt said he believes the surplus is on the capital side and therefore should stay there to be spent in 2014 or

as soon as possible thereafter.

He also dismissed Havixbeck's comment about the deficit being "fear-mongering."



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Carlos Duron, 3, and his mother, Vilma Maldonado, evacuees from Longmont, Colo., are pictured at Mead High School Sunday. Hundreds of people have been evacuated from nearby communities due to excessive rain and flooding.

CLIFF GRASSMICK/THE DAILY CAMERA/THE ASSOCIATED PRESS

Rescue teams urge flood victims to leave

Colorado. Days of rain have transformed Rocky Mountain communities into disaster areas with crumbled roads

Rescue teams are warning people in some Colorado towns isolated by devastating flooding against remaining

there, telling them that they could face weeks without basic supplies, including running water and electricity.

Helicopters and truck convoys of the National Guard carried the admonition Saturday into paralyzed canyon communities where thousands of stranded residents were eager to escape the Rocky Mountain foothills. But not everybody was will-

ing to go. Dozens of people in hard hit Jamestown wanted to stay to watch over their homes.

Authorities made clear that residents who chose not to leave might not get another chance for a while.

Rescuers won't go back for people who insist on staying, Boulder County Sheriff Joe Pelle said.

THE ASSOCIATED PRESS

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In this picture taken Wednesday, Pakistani university students try to access YouTube in Karachi, Pakistan. For almost a year, Pakistanis wanting to watch YouTube have had to find alternatives. SHAKIL ADIL/THE ASSOCIATED PRESS

Pakistan's YouTube ban hotly debated

Censorship. With an ongoing court challenge, the block has Pakistanis weighing the right to information versus the impulse to protect Islam

ToffeeTV has hit an unexpected snag. The Internet startup depended on YouTube to promote Hokey-Pokey, The Umm Nyum Nyum Song and other language-teaching

Message

"Surf Safely! ... The site you are trying to access contains content that is prohibited for viewership from within Pakistan."

Message that appears when Pakistanis try to access YouTube.

clips it produces for children, but the video-sharing website has been banned in Pakistan for nearly a year.

The measure was imposed to block videos that some Muslims took as insulting and blasphemous. But the unintended consequence has been frustration for many companies, educators and students.

A petition to end Internet censorship is before a Pakistani court, and a debate has been rekindled over how to reconcile the right to a free flow of information with a widespread public sentiment that Islam needs special protections. **THE ASSOCIATED PRESS**

Chemical weapons deal a 'victory': Syrian official

A high-ranking Syrian official called the U.S.-Russian agreement on securing Syria's chemical weapons a "victory" for President Bashar Assad's regime, but the U.S. warned Sunday "the threat of force is real" if Damascus fails to carry out the plan.

The comments by Syrian Minister of National Reconciliation Ali Haidar to a Russian state news agency were the first by a senior Syrian government official on the deal struck a day earlier in Geneva. Under the agreement, Syria will provide an inventory of its chemical arsenal within one week and hand over all of the components of its program by mid-2014.

"We welcome these agreements," Haidar was quoted as saying by the RIA Novosti



U.S. Secretary of State John Kerry helped broker the deal with Russia. THE ASSOCIATED PRESS FILE

Lesson for Iran?

President Barack Obama says his administration's approach to Syria's chemical weapons should show Iran that there's the potential for diplomatic solutions to arms standoffs.

pretext for those who wanted to unleash one."

He added: "These agreements are a credit to Russian diplomacy and the Russian leadership. This is a victory for Syria, achieved thanks to our Russian friends."

There has been no official statement from the Syrian government, and it was not clear whether Haidar's comments reflected Assad's thinking. **THE ASSOCIATED PRESS**

agency. "On the one hand, they will help Syrians get out of the crisis, and on the other hand, they averted a war against Syria by removing the

At least one dead

Protesters, cops clash in Cambodia amid disputed election

Riot police in Cambodia clashed with protesters in the nation's capital on Sunday, shooting one to death and wounding six more, opposition activists said, in a new wave of demonstrations against Prime Minister Hun Sen's government following a disputed July election.

The demonstrations in Phnom Penh, which also

left one policeman injured, marked one of the biggest challenges yet against the autocratic rule of Prime Minister Hun Sen, who has been in power for nearly three decades. They also raised fears that even bloodier days could lay ahead, with opposition leader Sam Rainsy vowing to keep up the pressure until the country's post-election deadlock is resolved.

Although the government allowed Sunday's rally to go ahead, it had warned protesters to stay within the confines of the capital's Freedom Park. **THE ASSOCIATED PRESS**

Seemed amused

Camera drone makes landing in front of Merkel

A camera drone had a rough landing in front of Chancellor Angela Merkel at an election campaign event in Germany after police told its operator to bring down the craft.

Photos from the event showed Merkel looking on in amusement as the small drone went down in front of her. **THE ASSOCIATED PRESS**

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Climate change

New maps needed for flood insurance, executives say

Insurance executives say homeowners will never have access to comprehensive flood insurance in Canada unless there are new maps of flood-prone areas that take climate change into account.

That's the finding of a study that surveyed senior executives at 13 Canadian insurance firms on extreme flooding. **THE CANADIAN PRESS**

What's old is new again

U.K. museum buys 3D-printed gun

Britain's Victoria & Albert Museum says it has bought a working gun made on a 3D printer, which sparked alarm among anti-firearms campaigners when it was unveiled. The Liberator gun was developed by a University of Texas law student and made from plastic components created on a 3D printer. **THE ASSOCIATED PRESS**



Give your hare a break

People examine the wooden sculpture of a giant hare by artist Florentijn Hofman displayed near the St. Peter and St. Paul Fortress in St. Petersburg, Russia, on Sunday. The public art installation called Sunbathing Hare is part of the cultural program of Russia — The Netherlands Bilateral Year 2013. Hofman is a Dutch conceptual artist. He is known for playful urban installations such as the Rubber Yellow Duck sculpture. **DMITRY LOVETSKY/THE ASSOCIATED PRESS**

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A promotional image for 92 Citi FM. It features three people: a woman on the left, a man in the center wearing a green shirt and a flat cap, and a man on the right with a beard wearing a black shirt. They are all smiling and posing together. The background is dark.

No country wants diplomats' son after criminal conviction



"Life is very stressful," says Deepan Budlakoti. "You're stateless in a country that you were born in." He and his supporters are campaigning online to stop his deportation. STEVE COLLINS/FOR METRO IN OTTAWA

Deportation. Man says Canada is the only home he has ever known, will plead on Parliament Hill



STEVE COLLINS
For Metro in Ottawa

Supporters of a Canadian-born man fighting an unusual deportation to India will take his case to Parliament Hill in a press conference Wednesday.

"We're calling on two ministers, the immigration minister and the public-security minister, to jump in and basically stop the deportation and to reinstate my citizenship," said Deepan Budlakoti, who was born in Ottawa to two ex-employees of the Indian High Commission, both of whom are now Canadian citizens.

Not my home

"I am not an Indian citizen. I have never lived in India and have no ties to India whatsoever, other than the fact that my parents came from India."

Deepan Budlakoti

Budlakoti was ordered deported in 2011 after he was sentenced to three years for weapon and drug trafficking.

The government argued that because he was born to diplomatic staff, his Canadian birth did not confer automatic Canadian citizenship.

The case grew more complicated when India refused to accept him from Canada.

He says he last visited India — on his Canadian passport — at age 12 for a grandparent's funeral.

"I am not an Indian citizen," Budlakoti said.

"I have never lived in

India and I have no ties to India whatsoever, other than the fact that my parents came from India."

Budlakoti has had to go to court to get a work permit, which has been issued but still hasn't arrived in the mail.

Meanwhile, he says, the numerous restrictions he's under — including a curfew and travel restrictions — will make it difficult to work in his field of construction.

"I can't leave (home) until 9 in the morning and I have to be back by 9 (p.m.). I can't work construction, because construction's always early in the morning."

Growing ire

Canuck visa rules worst in world for Mexicans: Envoy

The Mexican ambassador to Canada says his country is "really mad" at the Harper government for the continued imposition of a visa on its travellers. "Canada has the most stringent visa system for Mexicans of any country," said Francisco Suarez. **THE CANADIAN PRESS**

University of Calgary

Group sees rape culture at U of C

Chants advocating sexual assault and a contentious campaign slogan are among the proof that rape culture exists at the University of Calgary, assert the founders of a new awareness group.

"It shouldn't take a bunch of frat students literally shouting this for people to take this seriously," said Emily Leedham of the Consent Awareness and Sexual Education Club.

JEREMY NOLAIS/METRO IN CALGARY

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Our real-life star trek: The next generation

Aldridge Grenier Alexander, 7, got suited up to meet astronaut Chris Hadfield at the Wings Over Gatineau-Ottawa Air Show on Sunday. An estimated 30,000 people took in the second annual instalment of the two-day show, which featured vintage biplanes and aircraft dating back to the Second World War and the Korean War. STEVE COLLINS/FOR METRO IN OTTAWA

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News worth sharing.

Foodie factor. N.Y. village offers free rent to right chef

Locals looking to land a buzz-worthy, foodie-friendly restaurant in the Hudson River village of Catskill, N.Y., are offering the right chef a novel deal: Come to Catskill with a killer concept — maybe farm-to-table, gastropub or vegetarian — and get space on Main Street rent free for a year.

The hope is the right restaurant will give the growing number of downriver arrivals from New York City an attractive place to eat. And maybe it will accelerate the kind of gentrification that has revived other river towns.

"I don't know what the

actual spark will be, but I certainly think this will help ignite whatever's going to happen," said Nina Sklansky, who belongs to a local group promoting Catskill as a funky, affordable place. "If people are going to linger, they're going to want to eat."

Catskill, on the west bank of the Hudson about 160 kilometres north of New York City, has so far kept its humble roots. But like a lot of corners of the valley, the village of 4,000 is changing as city people migrate north or buy second homes.

THE ASSOCIATED PRESS



Nina Sklansky poses in an empty restaurant in Catskill, N.Y. She's trying to help bring a buzz-worthy chef to the town. THE ASSOCIATED PRESS

Telecom

Who will bid for wireless spectrum? We'll soon find out

Consumers will soon get an indication whether there are any foreign telecoms with the billions and the brawn to push their way

past the country's three dominant carriers to compete for a piece of Canada's wireless market. Registration opens Tuesday for bids in a government auction to buy radio waves needed to build cellphone networks. America's AT&T, Norway's Telenor and U.K.'s Vodafone are rumoured to be interested. THE CANADIAN PRESS

How Twitter flew from obscurity to IPO hype

Social media. Service's public sale of stock will be the most scrutinized since Facebook's Wall Street debut in 2012

The Pope. President Obama. Queen Elizabeth. Oprah. You.

When Twitter started seven years ago as an obscure medium for geeks, critics dismissed it as an exercise in narcissism. Some thought it would be as intriguing as watching people gaze at their bellybuttons. But it quickly matured into a worldwide messaging service used by everyone from heads of state to revolutionaries to companies trying to hawk products.

Now, Twitter is taking the next critical step in its evolution — selling stock to the public. It promises to be the most hyped and scrutinized initial public offering since Facebook's Wall Street debut in May 2012. To be successful, the company will need to become an advertising behemoth and prove that the same service that has already helped change the course of history can also make money.

Quoted

"You can rub elbows with famous people instantly It wasn't until Twitter that the combination of speed and access to anyone became available for everyone."

Fordham University professor Paul Levinson, author of *New New Media*



Famous figures on Twitter include, clockwise from top left, Oprah Winfrey, the Dalai Lama, the Bronx Zoo's once-missing Egyptian cobra, Pope Benedict XVI, President Barack Obama and Queen Elizabeth. THE ASSOCIATED PRESS FILE

Twitter quietly slipped out news of its plan to go public in a tweet last Thursday afternoon. By the next morning, nearly 14,000 of Twitter's 200 million users had retransmitted the message.

"Twitter epitomizes the revolution of social media ... more than Facebook, more than YouTube," says Fordham

University communications professor Paul Levinson, author of *New New Media*. "It caters to the immediacy, the equality of all users."

And yet, Twitter really isn't that big. Only about 15 per cent of Americans say they've ever used Twitter, according to an August poll by the Pew Internet and American Life Project. That's up from nine per cent in June 2010. At the time of Facebook's IPO, an AP-CNBC poll found that 56 per cent of Americans said they had pages on Facebook. Some 17 per cent said they used the site several times a day. THE ASSOCIATED PRESS

In real time

Tweeting about matters big and small

Perhaps Twitter's greatest appeal is that it allows users to see news unfold in real time. People can follow and even communicate with newsmakers.

And they can witness history. During 2011's Arab Spring protests, Twitter became an essential communication tool in Iran as the country's government cracked down on traditional media after a disputed presidential election.

Tech-savvy Iranians took to Twitter to organize protests. As the events unfolded, they used the service to send messages and pictures to the outside world.

Today, a billion tweets are sent every two and a half days. To be fair, most tweets don't comprise the world's weightiest matters. They are ruminations about lunch, the weather and Justin Bieber — and occasionally they involve career-crashing missteps of the Anthony Weiner sort.

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An Arctic chill rolls across central London

Environmental activists manoeuvre a giant marionette polar bear named Aurora in a parade through central London on Sunday to protest against oil companies exploiting the Arctic. YUI MOK/THE ASSOCIATED PRESS



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A SIGN OF BAD DECISION MAKING

Could a new restaurant sign in River Heights be the start of the strip-mallification of Winnipeg's oldest neighbourhoods?

To recap, Mona Lisa Ristorante Italiano on Corydon wants to erect a new sign outside its premises. Sounds simple enough, except the sign is 23 feet tall when local zoning only allows for eight feet. This is a small-neighbourhood-scale commercial development, after all, not McPhillips Street.

The restaurant also wants to use a digital sign that would allow it to put up a series of rotating images, like pictures of food or ads for its catering business. However, these signs are banned in this zoning district as part of a revised sign bylaw that was approved by city council a few months ago.

So naturally, the city's planning department recommended the sign be rejected, and the citizen-helmed board of adjustment turned down Mona Lisa's request.



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

Then on Friday, a group of councillors on the appeal committee inexplicably approved the non-conforming sign. Coun. Harvey Smith was even quoted as saying he sees "no earthly reason to deny this."

Umm, Harvey? You might want to go back a few paragraphs and refresh yourself on the matter.

And while the tacky-looking sign is bad enough, once again it's city hall's bizarre decision-making process that's the problem here.

What's the point of having zoning bylaws — or city planners for that matter — if you're not going to pay any attention to them? These bylaws are supposed to set out the rules that everyone must play by, but when random exceptions are

made for no valid reason, you undermine your own efforts to build a better city.

In the Mona Lisa case, this isn't a business that's going to fold or

leave for another city if its sign isn't approved. This restaurant has thrived in West River Heights for years, and would continue to draw strong crowds if you pulled every sign from the building and wrapped it in brown paper.

But it appears councillors simply looked at a few nearby properties that also have crappy signs, and decided one more quasi-billboard that's too tall and too bright for the scale of the neighbourhood isn't such a big deal.

Is one sign in River Heights going to destroy the city? No, but it will take away from what could be a nice little urban node in the neighbourhood. And it could be a harbinger of bad things to come as long as city councillors think cheap ads trump preserving streetscapes. It's that line of lazy thinking that could eventually lead to similar signs along Sherbrook Street, billboards on Osborne South or replacing the arches over Corydon Village with big yellow ones in the shape of the letter "M."

So if city hall is serious about wanting to create more interesting, pedestrian-scale communities, then we need a sign that council is going to start standing up for its own planning process.

ZOOM

Motor-yikes!



COURTESY GUINNESS WORLD RECORDS

Mega-motorbike tops world record

This gigantic ride got its driver on the high road to record-breaking fame. Fabio Reggiani, 31, has created the world's tallest motorbike — a bike that's six times larger than a standard model. The product designer from Reggio Emilia, Italy, features in this year's edition of the Guinness World Records book. **METRO**

Motorcycle in numbers

5.10

metres is the height of the motorbike — higher than a double-decker bus.

10.03

metres is the bike's length — longer than a stretch limousine.

5,000

kilograms is its weight — the average weight of an African elephant.

Q and A

'I control the bike using a joystick'

What was the process behind making this monster motorbike?

A team of eight of us spent seven months building the vehicle. Most of the parts are actually from large cars: The engine was an 5.7L V8 engine, running at 280 horsepower. It can drive at a top speed of 60 km/h.

How do you reach the sky-scraping handlebars?
I don't (laughs). I control the bike using a joystick that's placed in front of the seat. It's quite easy, in fact — I only need to turn the front wheel.

What's been the reaction from the public?

My favourite one has been, "O mamma mia come è grande!" ("Oh my mother, how big it is!")

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

With the days of summer in the rear-view mirror, it can be hard to escape the fall doldrums. But come on, for most of us, life ain't really so bad. If you sometimes need a little reminder on how to put on that happy face, there's a whole new wave of self-help happiness apps.

Happier:

Let's be honest: No one wants to be the guy walking around telling everyone how great their life is. So now you don't have to. Happier lets you share your happy thoughts with a community of like-minded happiness-seekers.

Track Your Happiness:

Kind of like fitness tracker meets research project. This site lets you track

who you were with and what you were doing when reaching your peak happy levels. Goodbye Debbie-downer friends.

Hapyr:

All it takes, according to the website, is two minutes a day to be a happier you. Hapyr sends a daily reminder for people to sit down and write for just 120 seconds about all the lovely things in their lives.

Twitter

@metropicks asked:
When Twitter launched, many doubted its success. Now it's going public. Why do you use Twitter?

@SpenceShaun: Twitter- There isn't a better source for up to the minute news and information. Lightning fast reporting.

@CSRjames: My intern said our project was, I quote "totesamaze". I laughed. Felt old. Got Twitter. Now



I'm #totescool ;)

@Carefulspider: It connects you to local news and what's happening in your community. Just one of the reasons I use twitter.

@SteveWLyton: It allows you to share a thought in a noisy social world and get thoughtful responses from the global community.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

Review

Who: Vampire Weekend

Where: iTunes Festival

When: Sunday, Sept. 15

During Vampire Weekend's iTunes Festival performance Sunday, you'd be hard-pressed to recognize the nervous Ivy Leaguers who took over indie rock a few years ago. Ezra Koenig and co. came across like bona fide pop stars. On opener, Diane Young, from their latest album, *Modern Vampires of the City*, the group cranked out the tune's big hooks with aplomb. Meanwhile, tracks from their first two records, such as Oxford Comma and Horchata, received some of the strongest reactions. The band drew in equal parts from all three of their albums, and their distinct voice and polished image served to dispel criticisms that their music was too derivative of Afropop rhythms. Sure, the penchant for intellectual lyrics is still intact, but they're being themselves. They seem more comfortable in their own skin and found the balance between elitism and good old-fashioned fun. Just before their third and final encore, Koenig said goodbye to the audience and wished everyone a good school week.

JACOB MORGAN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON — AND STREAMING ONLINE IN HD — THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. PT. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Keeping it in the family

Celebrity spawn.

Famous relatives are a double-edged sword in the movie business

What's in a (family) name?

Quite a bit, apparently, when it comes to the next generation of actors and directors trying to make their way in the film world.

This year's cinematic offerings at the Toronto International Film Festival featured a slew of young movie makers and up-and-coming stars with famous last names who are trying to step beyond the shadow of their well-known relatives.

But while having a recognizable surname can certainly have its perks, it seems a memorable moniker also brings certain pressures.

Colin Hanks, the witty son of the famed Tom Hanks, knows all too well what it's like to be compared to his popular father.

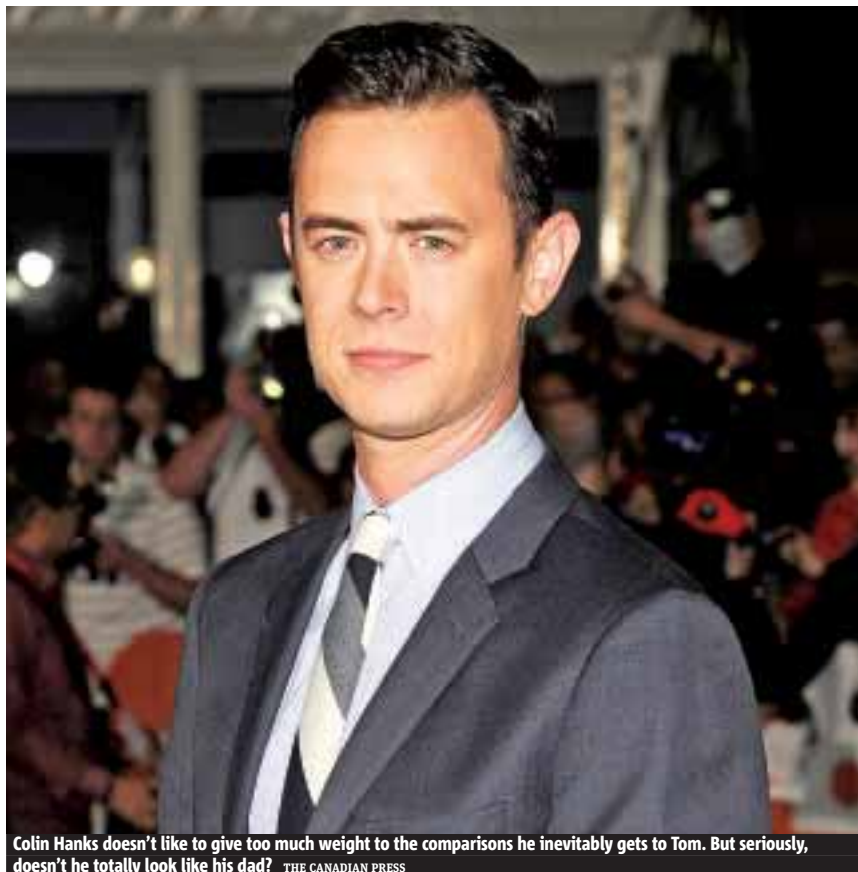
"Definitely, there is more attention than most," said the actor, who was in Toronto promoting his upcoming JFK drama *Parkland*.

"This sort of idea of, 'Oh well, he's not as good as his dad' — that always makes me laugh because I was getting that when I was 23, and I'm like 'OK ... he had time to get to where he is.'"

The younger Hanks noted that while his last name creates a point of interest, he's stopped stressing over unfair comparisons to his dad.

"There's not really a whole lot I can do about it so I don't really think about it too much," he said with a shrug. "(Acting) is a profession that I've chosen because I love it and I don't want to do anything else."

Sarah Sutherland is already learning to think along the same lines.



Colin Hanks doesn't like to give too much weight to the comparisons he inevitably gets to Tom. But seriously, doesn't he totally look like his dad? THE CANADIAN PRESS

The 25-year-old said being the daughter of Canadian actor Kiefer Sutherland and the granddaughter of esteemed actor Donald Sutherland does come with "certain assumptions."

But the budding actress, who was promoting her new movie *Beneath the Harvest Sky* at TIFF, hopes she can come to be known for her own work, and not just her name.

"My father and my grandfather have an incredible body of work and both have an incredible work ethic, so I'm just proud to be associated with them and to be making my

own mark in this industry," she said.

"We always keep business and personal things very separate and they've always been very respectful of me figuring things out on my own."

There's no doubt that the progeny of big-name celebrities get held up to higher standards. But there are some among the next generation of stars who are driven by that added scrutiny.

Take Gia Coppola, for instance. The granddaughter of Hollywood heavyweight Francis Ford Coppola (the man behind *The Godfather*) and niece

of Sofia Coppola is well-aware of the critical analysis her own directorial debut is being subjected to.

"It does add a lot of pressure, but it just makes me want to work harder and prove that I can stand on my own," said the soft-spoken 26-year-old, who has adapted a book by James Franco for the big screen with her film *Palo Alto*.

"I hope that people see the film because they're interested in the story and not so much to see what the spawn of the (Coppola) family ... can do."

THE CANADIAN PRESS

After full-frontal, it's time to say goodbye

Where do you go after you show Alexander Skarsgård naked? Answer: Nowhere — you just have to cancel the series.

OK, that might not be the reason HBO pulled the plug on *True Blood*, but it might be close. (After you go full frontal, it's hard to go back.)

Michael Lombardo, the network's president of programming, released this statement about ending the show in 2014 after seven seasons:

"True Blood has been nothing short of a defining show for

HBO. Alan Ball took the books by Charlaine Harris, assembled a brilliant cast led by the magnificent Anna Paquin in the role of Sookie Stackhouse, and crafted a show that has taken its many devoted fans on an unforgettable journey.

Alan passed the baton to Brian Buckner, who led our fantastic writers and crew in crafting a spectacular sixth season, and he will lead us through the seventh and final season of this amazing show.

Together with its legions

of fans, it will be hard to say goodbye to the residents of Bon Temps, but I look forward to what promises to be a fantastic final chapter of this incredible show."

In a recent interview with Metro, we asked Kristin Bauer Straten, who plays Pam, what she would do when *True Blood* ends its course.

"I have a secret hope that I can stay in the world of cable television, HBO," she told us (got that, Lombardo?) "It's just nice to be in a world without

advertising.

"And I know that the other networks — kids today don't know that the networks are free. You can get a coat hanger and you can watch ABC and CBS and NBC. So, I understand they have to be paid for, but it is a different feel working for HBO, where the creative content doesn't have that control and so, clearly, we get to do things that you can't do when, you know, little kids might be watching."

DOROTHY ROBINSON/METRO



True Blood's Stephen Moyer, who did not get buck naked on the show. CONTRIBUTED

2 SCENE

Hasselbeck has a friend in Fox

Talk shows. TV personality leaves *The View* for more conservative pastures

To Elisabeth Hasselbeck, the Fox & Friends morning show felt like home long before she actually got to work there.

It was regular viewing at home for Hasselbeck, whose 10 years on *The View* ended in July. She'll debut as Steve Doocy and Brian Kilmeade's new partner on Fox & Friends Monday, after the departing Gretchen Carlson offered farewells Friday.

"I'd almost make the analogy that it's being called up to play for one of your favourite teams in the major leagues," said Hasselbeck, whose opening week will include a series of reports with the cast of *Duck Dynasty*.

Although its viewership is typically less than a quarter of leading broadcast morning show *Good Morning America*, Fox & Friends thoroughly dominates cable. It is averaging

1.1 million viewers a day this year, the Nielsen company said. MSNBC's *Morning Joe* is at 392,000. CNN's *New Day* has averaged 308,000 viewers since its launch in the spring, enabling the network to slip past *Morning Express* on sister network HLN (249,000).

Carlson, a former *Miss America*, will get her own show on Fox's afternoon lineup.

She was serenaded by Gloria Estefan on her final day at F&F Friday, and watched a clip reel of past exploits: skipping rope, shooting basketballs, doing pushups, singing a Christmas carol and sharply questioning Robert Gibbs.

As Hasselbeck rehearsed for her new job last week, Fox News executive Bill Shine jokingly called her a "survivor." He wasn't referring to her time spent on a tropical island with Jeff Probst.

Her conservative viewpoints often left her alone among her co-hosts on *The View*, or the subject of barbs from the also-departed Joy Behar and Whoopi Goldberg. Hasselbeck said everybody has

Waking up is hard to do

Her immediate challenge is the same as morning show hosts everywhere: making sure she has alarm clocks that work.

- "I definitely trend toward the natural night owl end of the spectrum," she said.

challenging days on the job, whether they're in broadcasting, medicine or education.

If they haven't had challenging days, "there hasn't been that growth moment," she said. "I've had the privilege of having a lot of growth during those 10 years, let's just say that."

On her last day in July, Hasselbeck was magnanimous — particularly to *The View* creator Barbara Walters and Goldberg — but clear-eyed. She left the day after her hiring at Fox was announced.

Whether she jumped or was pushed is still murky. Us



Steve Doocy, Elisabeth Hasselbeck and Brian Kilmeade in New York. Hasselbeck debuts as Doocy and Kilmeade's new partner on Fox & Friends Monday. CONTRIBUTED

Weekly reported on May 8 that Hasselbeck was being "ousted" from *The View*, which the show denied. Shine said he's long admired Hasselbeck, and said her move was triggered by running into Hasselbeck's agent at a launch party for the Fox Sports 1 cable network, which took place March 5. Shine said he followed up a few days later by calling the

agent and asking if Hasselbeck would be interested in working at Fox.

"She's very smart. She's very outgoing," said Shine, Fox's executive vice-president for programming. "She's a great on-air talent, a great personality and I think that will do very well for her in the morning."

Her views will be much

more at home on Fox & Friends. She said the show is No. 1 in the cable ratings for a reason.

"You have an entertainment, wake-up show that delivers important information but also meaningful conversation with content that's able to be viewed by your entire family," said Hasselbeck, a mother of three. **THE ASSOCIATED PRESS**

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Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Who's going to swing the final wrecking ball through this relationship?

This can't be a good sign. In the wake of renewed rumours about Liam Hemsworth and January Jones getting cosy, Hemsworth's fiancée, Miley Cyrus, has unfollowed him on Twitter, adding to speculation that the couple of four years may be in trouble. Cyrus has been travelling around

Europe promoting her latest album, while Hemsworth was most recently in Las Vegas this weekend for the Mayweather-Canelo boxing match. Hemsworth and Cyrus haven't been spotted together in public since the premiere of his latest film, *Paranoia*, last month in Los Angeles.

Cher's not showing Russia any love

Cher is not down with Russia's current treatment of LGBT citizens, so she won't be helping out with the 2014 Winter Olympics in Sochi. "I can't name names but my friend called who is a big oligarch over there, and asked me if I'd like to be an ambassador for the Olympics and open the show. I immediately said no," she tells Maclean's magazine. "I want to know why all of this gay hate just exploded over there. He said the Russian people don't feel the way the government does."



Cher

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

The new adventures of Pippi Longstocking — rated X

STARGAZING
Malene Arpe
scene@metronews.ca

The pilot of a private plane tells TMZ that when Justin Bieber and his posse recently exited an SUV to board, pot smoke billowed out and Justin was "baked out of his mind" on the flight. Calm down. Justin's just researching for his next song. If I Was Your Boy Idol Who Threw It All Away.

Tami Erin, who played Pippi Longstocking in some 1980s movie, says she's releasing her sex tape before her ex does. Here's hoping said ex isn't the horse or the monkey.

Prince Andrew is confronted by security personnel at Buckingham Palace. Being him is like being the Jonas Brother named ... erm ... his name is ... the one who sings on Broadway.

Brad Pitt says there may be a *World War Z* sequel in the works. It may take a while because they have to figure out the CGI necessary to make the zombies run even faster.

Gwyneth Paltrow is filmed cutting in front of a school bus while riding her Vespa with one of her kids on the



back. In her defence, she was late for a diamond-infused, elf-administered, \$5,000 colonic.

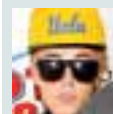
Yeezus, Kanye get a grip!

Kanye West has been formally charged with misdemeanor battery and attempted grand theft stemming from his brawl with a photographer outside the Los Angeles International Airport in July, according to TMZ. An arraignment has been scheduled for Oct. 10. "We are very gratified to learn today that the L.A. City Attorney has chosen to criminally charge Kanye West," Gloria Allred, the attorney for photographer Daniel Ramos, said in a statement.



Kanye West

Twitter

@justinbieber
Gotta run.@DonCheadle
Tweeps, if I'm out where there's 11K people and EVERYBODY wants "just one picture" and I politely decline, please don't take it personally.@Fred_Willard
Wondering today why coffee and tea cups are only half full in tv, film... Bigger question, why do I wonder?

Pattinson wants his women to 'own it'

Robert Pattinson knows what he's looking for in a woman. "Someone knowing who they are; it's the best. I guess because it's the opposite of what I am. I am so all over the place," the *Twilight* hunk tells Harper's Bazaar. "If someone looks good in their clothes, it's because they are comfortable in their own skin. It's literally just like owning it. Oh no, that is so lame. I feel like I am on *Project Runway* saying 'own that.'" Pattinson is still on the market after officially splitting from Kristen Stewart four months ago.



Robert Pattinson

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Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

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- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy. For more information, visit rrc.ca/buyabrick

For a complete listing of our 75th anniversary events, visit rrc.ca/75years

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Feeling good

Getting high on self-esteem

According to Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks.

That's because they have learned important lessons: Trying is as important as success, and overcoming failure

and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions and asking some vital questions.

- Does all learning have to be highly structured or does she or he accept change?

- Can your child willingly

accept difficulty, or deal with failure?

- When confronted by failure, does she or he blame somebody else? Or does your child take responsibility for his or her own learning experience?

- Is your child content just to get by with average achievement or does she or he try to excel? **NEWS CANADA**



There are ways to ensure your child's self-esteem is high. ISTOCK

Exclusively online

Read *Reasons Mommy Drinks*, by Lyanda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, *Reasons Mommy Drinks*, in North American bookstores now.



Take a bite out of school lunches

Tips. A recent survey shows that 62 per cent of parents don't enjoy making school lunches for their kids



IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Being a parent is hard work. And if I were to believe what I see on Twitter, Facebook and in blogs, article and television segments, the making of school lunches is near the top of the list.

(As an aside, is it just me, or am I right in thinking that if making a school lunch is even in the top 100 complaints about your life then your life is pretty good?)

A survey I recently ran with Cityline viewers revealed that 62 per cent of respondents said they do not enjoy making their kids' lunches, but they do it anyway, even though the kids are old enough to do it themselves.

In the corporate world, this would be known as bad project management. True, there are some parents who



Getting your children involved in making their own school lunches is an opportunity to teach them about making healthy food choices. ISTOCK

like being responsible for putting together the lunches for their kids, which allows them to control what foods and how much goes in. Of course, it can't control the fact that little Jimmy may still trade

away his apple for a brownie, or pitch the broccoli in a bin on the way out of the lunchroom, but it can help limit their bad food choice options.

What it doesn't do, though, is teach them to

make their own healthy food choices at home, and to take on a responsibility that they can easily handle from about age eight and up.

Kids even younger should be involved in some part of

the lunch construction.

While there is a growing trend to hide nutritious food from kids (zucchini in muffins), or make it "fun" for them to eat (sandwiches cut like flowers), this is really just training mom and dad on some new mostly non-transferable culinary skills, and not providing a food education for your children. Teach them to make a regular, square sandwich instead.

So how can you get the kids to take it on?

1. Sit down and write out a list of lunch options: sandwiches, re-heatable foods and salads, as their main entree.

2. List acceptable snacks they can choose from, out of the cupboard, fridge, or fruit bowl. Then let them construct.

3. Start by having them "own" the responsibility of lunch. If they want you to make it, they have to ask. Nicely. And you can say no. (You're the boss, remember?).

KATHY BUCKWORTH'S NEW BOOK *I AM SO THE BOSS OF YOU* IS AVAILABLE IN BOOKSTORES EVERYWHERE. KATHY IS THE NEW HOST OF *TORONTO SPEAKS: PARENTING*, DEBUTING ON ROGERS TELEVISION MONDAY, SEPT. 30.

There's an app for that — or not

Can a mobile app teach a baby to find her nose? Or learn to recognize letters and numbers?

Not according to a U.S. advocacy group that recently filed a complaint with the Federal Trade Commission alleging that two popular baby app developers — Fisher-Price Inc. and Open Solutions — are trying to dupe parents into thinking their online games make infants and toddlers smarter.

The Campaign for a Commercial-Free Childhood, the Boston-based group whose allegations against Baby Einstein

videos eventually led to nationwide consumer refunds, is urging federal investigators to examine the marketing practices of Fisher-Price's *Laugh & Learn* mobile apps and Open Solutions' games such as *Baby Hear and Read* and *Baby First Puzzle*.

It's the campaign's first complaint against the mobile app industry as part of its broader push to hold accountable businesses that market technology to very young children and their parents. "Everything we know about brain re-

search and child development points away from using screens to educate babies," said Susan Linn, the group's director. "The research shows that machines and screen media are a really ineffective way of teaching a baby language. What babies need for healthy brain development is active play, hands-on creative play and face-to-face" interaction.

Linn's group alleges that the companies violate truth-in-advertising laws when they claim to "teach" babies skills. For example, Open Solutions,

a developer based in Bratislava, Slovakia, says its mobile apps offer a "new and innovative form of education" by allowing babies to "practice logic and motor skills."

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. It also noted the many positive reviews by customers.

Linn said her organization targeted Fisher-Price and Open Solutions because their baby apps were among the most



An advocacy group claims baby app developers are duping parents. ISTOCK

popular and because they represented an overall trend of deceptive marketing practices by app developers, both big and small. **THE ASSOCIATED PRESS**

3
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Mexican Independence Day isn't complete without Cemita

This traditional Mexican sandwich offers delicious layers of zesty chicken, a creamy cheese spread, crunchy cabbage slaw and sliced avocados from Mexico.

Personalize your Cemita by replacing the chicken with pulled pork or thinly sliced beef and cranking up the spice level.

Sharing, optional. Napkins, mandatory.

1. In bowl, combine cabbage, lime juice, sugar, salt and pepper. Set aside.

2. In saucepan, bring onion, broth and BBQ sauce to boil over high heat; reduce heat to medium and gently boil until onion is softened and liquid is reduced to about 1/2 cup (125 ml), about 5 minutes. Add chicken; heat through. Cover and set aside.

3. Avocado Cheese Spread: In bowl, mash one of the avocados. Stir in mayonnaise, lime juice, salt and pepper; fold in



This recipe serves six. COURTESY MISSAVACADO.CA

cheese and cilantro. Thinly slice remaining avocado.

4. To build sandwiches, place avocado slices on base of toasted buns. Spoon some of the

chicken mixture overtop; top with cabbage slaw, then Avocado Cheese Spread, and finally a few pickled jalapenos. Top with bun lids, skewering with picks, if needed. MISSAVACADO.CA

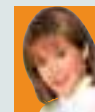
Ingredients

- 2 cups (500 ml) finely shredded cabbage
- 2 tbsp (30 ml) lime juice
- 1 1/2 tsp (7 ml) sugar
- 1/4 tsp (1 ml) each salt and freshly ground pepper
- 1 small onion, thinly sliced
- 3/4 cup (175 ml) chicken broth
- 1/2 cup (125 ml) favourite smoky BBQ sauce
- 3 cups (750 ml) cooked rotisserie chicken, shredded
- Avocado Cheese Spread
- 2 fully ripened avocados from Mexico, halved, pitted, peeled
- 1/4 cup (60 ml) light mayo
- 1 tsp (5 ml) lime juice
- 1/4 tsp (1 ml) each salt, pepper
- 1 cup (250 ml) shredded fresh Oaxaca cheese
- 1/4 cup (60 ml) chopped cilantro

- 1/2 cup (125 ml) sliced pickled jalapeno peppers
- 6 large sesame seed burger buns, split and toasted

Healthy eating

Choose it and lose it



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rosereisman.com or follow
her on twitter @rosereisman

Get in those last cold treats before fall arrives, but be careful if you're watching calories, fat and sugar.



Medium Dairy Queen S'mores Blizzard

870 cal / 38 g fat / 92 g sugar
Better stick to the camp fire s'mores for calories and fat. The soft serve with s'more ingredients is not worth the calories, fat and sugar.

Equivalent

One medium Dairy Queen S'mores Blizzard is equal in fat to eight s'mores.



Medium Dairy Queen Chocolate Sundae

410 calories / 9 g fat / 64 g sugar
A chocolate sundae is so satisfying at half the calories and one quarter the fat.



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Taste

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Use the Universal Language.
Join the Metro Photo Challenge 2013

Enter your photos in any of the six sense-categories and have the chance to explore West Africa with Metro and Reach for Change as our photo reporter.

Avo-licious variation of Mexican Pozole

Ingredients

- Water
- 1-2 lbs (500 g - 1 kg) stewing beef
- 1 small onion cut in half
- 1 tsp (5 ml) bouillon cube
- 1 clove garlic
- 1 tbsp (15 ml) Kosher salt
- 3 bay leaves

Chili

- 1 red dried chili
- 1/2 tsp (2 ml) cumin powder
- 1/2 tsp (2 ml) salt
- 2 tsp (10 ml) sesame seeds
- 1 (20 oz/ 591 ml) can white hominy (drained and rinsed)

Avocado Dip

- 1 large avocado from Mexico
- 2 oz (60 g) cream cheese
- 1 tbsp (15 ml) cilantro
- Juice of 1-2 limes
- 1/2 tsp (2 ml) pepper
- 1 large jalapeno
- 1/2 tsp (2 ml) salt

Garnish

- freshly shredded cabbage
- limes
- avocado slices



This recipe serves six. COURTESY MISSAVACADO.CA

Serve this Mexican stew with a delicious avocado dip and fresh tortilla bread on the side.

1. In a medium-large pot with enough water, boil meat, onion, bouillon, garlic, salt, bay leaves until tender, 1-2 hours.

2. Chili Sauce: Remove stems from chili and boil in water in a medium sauce pan until soft. Using a blender, combine chili pepper, cumin powder, salt, sesame seeds until well blend-

ed. Use a food mill or mesh strainer to extract the sauce out of the mixture. Set aside.

3. Once meat is ready, add chili sauce and hominy. Bring to a boil. Remove from heat.

4. Avocado Dip: Blend all ingredients in a blender until creamy.

5. Serve Pozole with fresh cabbage, avocados and limes.

MISSAVACADO.CA

He serenaded me with science

Engaging the mind with a melody.

Biochemist Kevin Ahern teaches with music and poetry

KIERON MONKS
Metro World News

He turns Christmas carols into studies of protein synthesis, and Bob Dylan into a vegetarian preacher. For over a decade, award-winning biochemist Dr. Kevin Ahern has taught his subject through music and poetry, and claims it is key to his students' success.

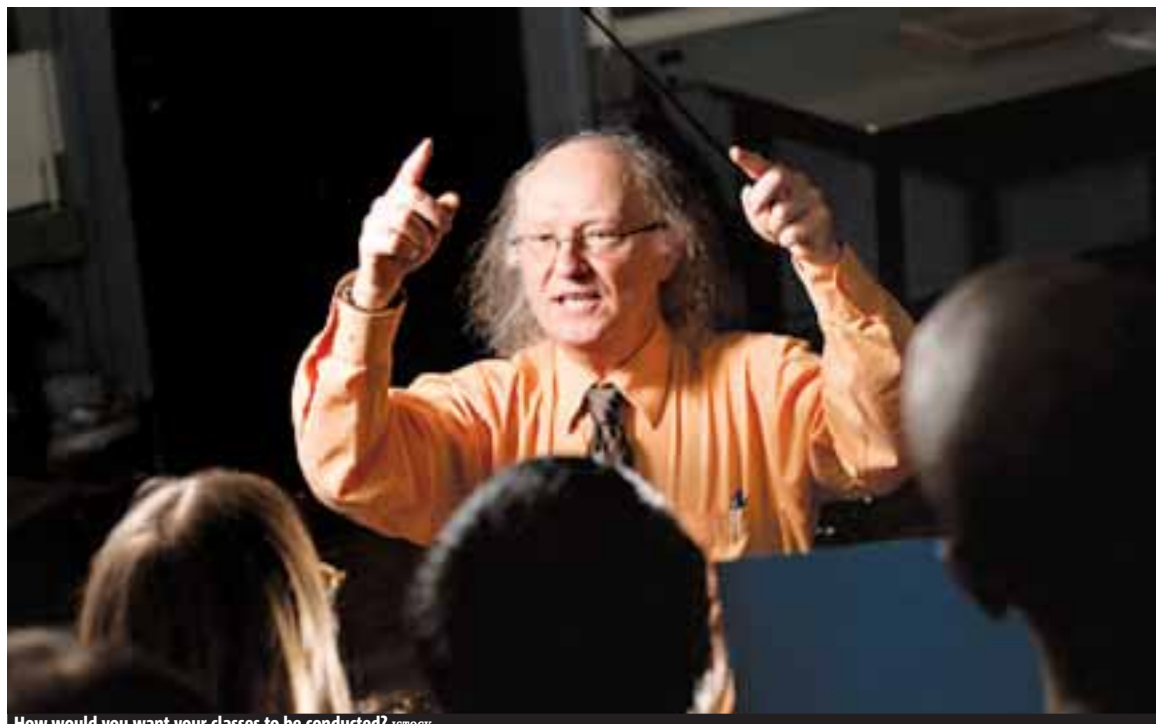
Your website claims you are "wildly popular." Is this true?

I can't sing worth a crap but I perform all over the world and a lot of people want to listen.

Are you the only biochemistry singer, and by default the best?

There are a few people doing something similar. What inspired me was a British professor (Dr. Harold Baum) who wrote The Biochemists' Songbook. I got a copy and was impressed by the clever rhymes and thought, "I can do that."

Why do music and bio-



How would you want your classes to be conducted? iStock

Fact before funny

"You can have academic entertainment but you have to be careful not to be a clown and detract from the message. There is a tight-rope to walk."

Kevin Ahern

I worried at first, some of them call me "The Song Guy," but generally reactions have been better than I expected. You can have academic entertainment but you have to be careful not to be a clown and detract from the message. There is a tight-rope to walk.

Do you have a favourite memory or moment?

One lecture and song on hemoglobin always leaves me with a very positive feeling.

chemistry go together?

Students find biochemistry very intimidating and I wanted to cut through that, to make it more fun and less scary.

It helps academically, like the Metabolism Pathway song takes students step by step through how metabolism works, how glucose is made etc.

If they learn the song

they learn the process.

Kids can be cruel. Do you ever get heckled?

I look at student evaluations every term and one a year says, "I'm tired of songs," but most really like them.

Do you worry other academics will think you sold out?

CAREER FINDER



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I want words, not the wide screen



Why don't you start your son or daughter with a story you loved at their age? ISTOCK

Beauty of the book.

How to foster a life-long love of reading in your little one

Reading is a gift — it takes you on a journey, opens your eyes, raises questions and exposes you to new thoughts and ideas. With the following four tips, you can make sure your child will read more and have fun while doing it:

Designate reading time

Setting daily reading time with your child is an effective way to motivate him or her to read more. Whether it is during breakfast, after school or before bedtime, a set time of day infuses routine and stability, giving your child something to look forward to.

Learn a new word a day

Pick out a word in an

encyclopedia, or have your child flip to a random page and select a word with his or her finger, then study it and learn the spelling and meaning behind the word. If you would like to go even further, you can encourage your child to use that word in a sentence the following

Keep a journal

A journal is a great way to bolster your child's creativity and enhance reading and writing skills.

- To add another layer of learning, encourage kids to use some of the new words they have been learning to further enhance their vocabulary. A short daily journal entry will help keep their skills sharp.

day to help with memory retention.

Learn through listening

Audio books, learning songs and trivia challenges help build comprehension skills and vocabulary. For a tool to help the learning to read and write process, the LeapReader by LeapFrog has a library with more than 150 stories, work and audio books, along with a wide range of activities that are sure to stimulate their minds and help foster enhanced reading and writing skills.

These tips will help ensure reading is an enjoyable experience that you and your child will relish. By making reading fun, you will ensure that your child enhances his or her skills and it will be a memorable experience that you can share together for years to come. **NEWS CANADA**

Work on a grade-A rapport when it comes to the report

Reach out to teach.

Report card stress can be greatly reduced by keeping up an open dialogue with educators

It won't be long before parents start to think — and worry — about the arrival of the first report card.

While this event can be stressful for parents and students alike, Nick Whitehead, the CEO of Oxford Learning Centres, says a key to eliminating such stress is open communication with your child's school and teachers.



It's not every day that a mom or dad sees such flawless feedback. But a proud parent can dream! ISTOCK

"Parents and teachers may not have time for weekly sit-down meetings, or even lengthy telephone

calls, but in the age of email, there's no reason for parents to be out of the loop on what their child is up to at school," he explains.

"Waiting for the first report card can be risky. Why wait to discover if your child is struggling? Instead, regular email communication with the teacher can lessen stress and make parents aware of problem areas before issues get out of control."

Parents are also commonly confused by their child's report card. Changing schedules, complicated terminology and formal language add to the stress.

Staying in touch with teachers can help to ease the onslaught of these often overwhelming questions.

NEWS CANADA

Keeping abreast of academic success

Oxford Learning offers a few more helpful tips for keeping on top of their child's progress

- Communicate with the teacher every week. It takes five minutes to ask how your child is doing.
- Review past report cards. Issues from last year are likely to re-appear, so review previous reports, and watch out for reoccurring trouble.
- Follow up when a test is re-

turned to your child. How did it go? Were the results what you were expecting?

- Go online. The Internet is a wonderful tool to keep informed. If your child's class has a web page, log on and get involved.
- Don't wait. If there are any issues, seek help as soon as you learn of them, rather than waiting to discuss them after report cards come home.



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→ Power Engineering -5th Class Information Session

Date: September 18, 2013

Time: 7:00-9:00pm

Location: White Lecture Theatre
2055 Notre Dame Ave.

rrc.ca/pow



Memorizing a 400-digit number? 'Anyone can do it with practice'

All hail the human computer. Some folks are making it their mission to be masters of memory, but is the skill still valid in the age of all things digital?

KIERON MONKS
Metro World News in London

In 1978, sharks turn vegetarian. In 2041, a mouse swims across the ocean. This was unlike any test I had experienced — in five minutes I had to memorize 150 pairs of abstract events and dates, competing against the world's best memories.

Around the room competitors had their eyes shut in fierce concentration, their ears covered with headphones; some tapped their feet or rocked back and forth. I was out of my depth and relieved to score 10. "Not terrible," according to a supervisor.

The UK Open Memory Championship, held at the Science Museum in London, England, attracts many of the leading mnemonists.

Joggin' the noggin

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

Dominic O'Brien
Author and former memorization champion

They compete in 10 disciplines that include memorizing decks of cards in under a minute and reciting 400-digit binary numbers.

"This is about creativity — you take the numbers and turn them into pictures and make stories out of them," says three-time world champion Ben Pidmore, who describes himself as an "accountant with the soul of a hippie."

This year's winner was Swedish prodigy Jonas von Essen, 21. He agreed the process is all about imagination.

"I write, draw, make movies and look at different shapes to figure out what they could be — that is how I get the discipline. Anyone can do it with practice."

Changing the impression of a closed shop for science geeks is key to the sport's growth, and although there were no female participants this year, new ground is being broken all the time.

Since the first World Championships in 1991, seven founding members have grown into global rankings for a top 1,000 and a thriving tour of prestige events from Bahrain to China.

Standards have been driven up along the way.

"In athletics we measure success and failure by 100ths of seconds, but in mental athletics every year we are

discovering the brain capacity is much bigger than we thought possible," says Chris Day, general secretary of the World Memory Sports Council.

In the 1980s it was widely believed that no-one could recall more than 30 numbers, but the 2012 World

Champion Wang Feng, from China, has memorized 2,660. To compete at the top, training requirements have gone from one hour per day for a week, to 10-hour days for six months, and many competitors use audio-

visual stimulation machines to keep them sharp.

Some have questioned the need for memory training in a digital age, but author and former champion Dominic O'Brien believes it is essential.

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

O'Brien has secured government funding for a scheme that teaches memory techniques in schools.

"You have the kids learn a story and then they realize they have learned the first 20 elements of the periodic table."

But for real-life applications, many of the

competitors said they are still just as likely to forget their car keys or get lost on holiday, as the techniques need to be consciously applied.

Others have been chased out of casinos for their

card-counting tricks.

Chris Day foresees a military use.

"If agents could memorize a lot of data it would get through searches." Human surveillance units? In the NSA-era, our memories may be the only safe place left.

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The winner of the UK Open Memory Championship — Swedish prodigy Jonas von Essen, 21. KIERON MONKS / MWN



A contestant waits his turn in the final round of the speed cards trial at the UK Open Memory Championship. KIERON MONKS / MWN

Memory technique

Remembering a speech:

- Break it down into sections
- Attach a word to each section. Example: door, dog, handkerchief.
- Construct a story using the words and give them context. Example: 'I walk through the squeaking door, and see my dog sitting on the mat. On his nose is a handkerchief.'
- Go over the story until you can remember it forward and backward.



Jets forward Matt Halischuk scores Winnipeg's lone goal in a 3-1 loss to the Ottawa Senators on Sunday night at MTS Centre. JOHN WOODS/THE CANADIAN PRESS

Jets stumble out of pre-season games

NHL. New Senator Bobby Ryan has winner in Ottawa's victory in Winnipeg

Bobby Ryan scored the winner on Sunday as the Ottawa Senators downed the Winnipeg Jets 3-1 in NHL pre-season action.

Ryan, acquired in an off-season trade with the Anaheim Ducks, scored 26 seconds into the second period to give Ottawa a 2-0 lead.

Newly-minted captain Jason Spezza added an assist and left-winger Milan Michalek scored and added an assist.

On Sunday	
3	1
Senators	Jets

Defenceman Erik Karlsson had a pair of assists and Buddy Robinson scored Ottawa's first goal early in the opening period.

Matt Halischuk had Winnipeg's lone goal.

Robin Lehner was in goal for the Sens for the first two

periods and stopped 17 of 18 shots. He was replaced by Andrew Hammond to start the third. Hammond stopped all 10 shots he faced.

Michael Hutchinson played the full game in net for the Jets and made 29 saves.

Winnipeg lost its first exhibition game Saturday night in a 4-3 shootout against Washington in Belleville, Ont.

Hutchinson let in the game's first goal when Ottawa defenceman Troy Rutkowski's shot from the point through traffic was deflected into the net by Robinson at 7:58 of the first period.

Ryan's goal was scored 26 seconds into the second period when his high shot went past Hutchinson to make it 2-0.

Winnipeg started the game without its usual top-line trio of Andrew Ladd, Bryan Little and Blake Wheeler.

Little and Wheeler skated with newcomer Michael Frolik, acquired from the Chicago Blackhawks for third- and fifth-round picks in this year's NHL draft. Ladd, however, rejoined his linemates late in the opening period.

The Jets were sitting a number of its players who had suited up in Belleville, including forwards Evander Kane, Devin Setoguchi and Mark Scheifele. **THE CANADIAN PRESS**

MLB

Blue Jays lose battle of the birds

Mark Buehrle inched a little closer to his 13th consecutive season with 200 innings pitched on Sunday, but for the second start in a row, the left-hander struggled.

The Baltimore Orioles earned a 3-1 victory over the Toronto Blue Jays at Rogers Centre as Buehrle lasted five innings, bringing his total to 194 1/3 for the season. **THE CANADIAN PRESS**



Edwin Encarnacion hits a double despite losing the handle of his bat. TORSTAR NEWS SERVICE

CFL

Lions have little problem taming Alouettes

Travis Lulay threw for a touchdown and ran for another as the B.C. Lions beat the Montreal Alouettes 36-14 in CFL action Sunday.

B.C. improved to 7-4 while avenging a last-second loss in Montreal on Aug. 22. The Als, who were held scoreless in the first half and trailed throughout, fell to 4-7. **THE CANADIAN PRESS**



The Lions celebrate Marco Iannuzzi's TD against the Alouettes on Sunday. **THE CANADIAN PRESS**



Roughriders quarterback Darian Durant gets tackled by Argos defensive tackle Khalif Mitchell on Saturday. **THE CANADIAN PRESS**

Something amiss in Riderville

Melon-topped football fans to the west of Winnipeg are wondering if it's time to push the panic button in Riderville.

In another muted performance from the team's usually high-octane offence, the Saskatchewan Roughriders (8-3) fell 31-29 to the Toronto Argonauts (7-4) Saturday night at Mosaic Stadium. The loss marks the first time this season the Riders have dropped two straight, following a 25-13 loss to the Winnipeg Blue Bombers

in last Sunday's Banjo Bowl.

"They're not falling out of the groove," said Debbie Hansen, a fan from Saskatoon. "Maybe the two losses will make them pick-up their game a bit — it's better for them to lose now than when they're in the playoffs."

Before even stepping on the field for Saturday's game, the Riders were battling through adversity after three players were arrested this past week on aggravated assault charges

stemming from an altercation at a Regina nightclub in mid-August.

Questions are swirling about whether these off-field incidences factored into the loss — the Riders first on home field this season.

"It changes their focus," said fan Harold Danilkewich about the charges. "They're not thinking about football as much as their goofy teammates that shouldn't have been doing that stuff."

After a torrid start to the 2013 CFL season, quarterback Darian Durant had another rough outing against a ferocious Argos defense, throwing three interceptions and getting sacked while going for a two-point convert in the dying stages of the game.

"It looks like the quarterback is (not) getting any protection," said Rhonda Dvernichuk from Regina. "They need to work on that."

MARCO VIGLIOTTI/METRO

Horoscopes

♈ Aries

March 21 - April 20

When the Sun moves into the relationship area of your chart next weekend, you will have to compromise more. If there is anything selfish you want to do, you should do it now.

♉ Taurus

April 21 - May 21

If you have been having second thoughts about a project, you should keep them to yourself. Something will happen this week to make you realize things aren't as bad as you fear.

♊ Gemini

May 22 - June 21

At last there is light at the end of the tunnel and you will emerge into that light no later than the 22nd when the Sun moves into your fellow Air sign of Libra. In the meantime, don't take life so seriously.

♋ Cancer

June 22 - July 23

Have fun with friends this week because later you won't have time for socializing as you will be dealing with serious issues at home and at work. Laugh hard now and work hard later.

♌ Leo

July 24 - Aug. 23

Keep a firm grip on the purse strings over the next few days because if you start spending more than you can afford, you will regret it towards the end of the month. Save for something that is really worth having.

♍ Virgo

Aug. 24 - Sept. 23

The world won't come to a halt today but you will notice that certain parts of it start to slow down. It could, of course, be an optical illusion: Maybe it's just you speeding up and moving faster than everyone else.

♎ Libra

Sept. 24 - Oct. 23

When the Sun enters your birth sign on the 22nd, there will be no holding you back. But between now and then, you will have to conform to what others expect of you.

♏ Scorpio

Oct. 24 - Nov. 22

Take life as it comes and don't worry too much about its wider meaning. There will be no end of opportunities to ask the big questions towards the end of the month. For now, live in and enjoy the moment.

♐ Sagittarius

Nov. 23 - Dec. 21

Some thoughts in your head don't seem to belong to you. So where do they come from? Most likely you have allowed yourself to be influenced too much by your environment. Think for yourself.

♑ Capricorn

Dec. 22 - Jan. 20

You may be annoyed that your talents have been overlooked but the good news is you will soon break through to the big time. Be patient and be ready to act quickly.

♒ Aquarius

Jan. 21 - Feb. 19

You can hardly put a foot wrong at the moment and your luck should get even better towards the end of the week. But don't take anything for granted or the planets may decide to knock you back a bit.

♓ Pisces

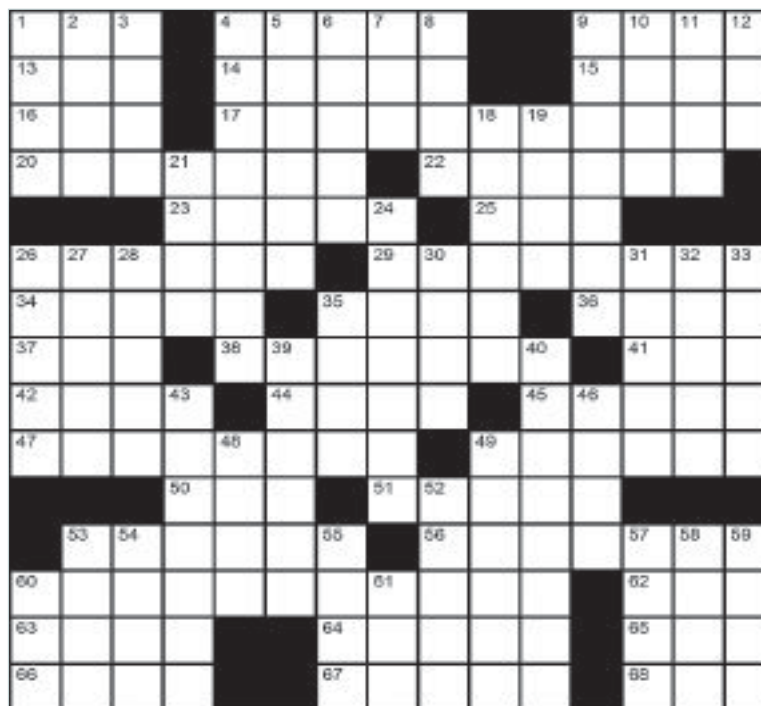
Feb. 20 - March 20

If you want to improve your life, you can't change things overnight. Set just one target to reach every day, and don't move to the next until you have mastered it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Compress, as a computer file
- Fancy-hatted English racecourse
- Kind of spirit
- Filmmaker Ms. Lupino
- Cursed
- Old Scandinavian symbol
- Modern
- "Dancing with the Stars" host: 2 wds.
- Alberta town
- Fall, for one
- ___ it goes (There you have it): 2 wds.
- Sixes, Roman-style
- Situation of unstableness or of urgency
- Eagles hit: "___"
- Is a tenant
- Praiseful poems
- ___ Fein
- Do like Al Pacino
- Canadian tenor Ben
- Certain consciousness
- Some are faux
- God: Spanish
- Legendary acting teacher, Stella ___ (b.1901 - d.1992)
- Hockey great from Saskatchewan, Bryan ___
- ___ Path (Toronto neighbourhood dubbed 'Millionaires Row')
- Paul's music duo partner
- Worker laying down the ceramics
- Some brands of electronics
- Most dungeon-like
- RCMP in French is GRC which is... ___ royale du Canada



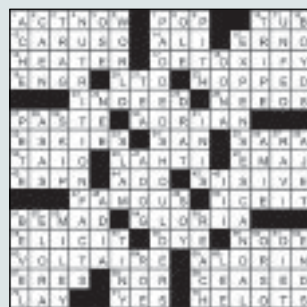
- Alias indicator
- Ballerina's skirt
- Tiger Woods' ex-wife, and namesakes
- Bolt
- "___ Slidin' Away" by Paul Simon
- Lets up
- Wilt
- Multivitamin

- Unknown advice seeker's sign off, for short
- Sign on a restaurant restroom
- Change
- Laundry detergent brand
- Ship spar
- ___ of Montreal (Historic area on the

- mineral
- Notion
- Chess piece
- Dazzle
- Pirate fight weapons
- Arrives
- Earth, for one
- Jeans tops
- Locks
- Certain currency

- St. Lawrence River)
- Basketry, for example
- Happen again
- Book's brief beginning
- Hankering
- Move over
- Georgia who played Georgette on "The Mary Tyler Moore Show"
- Sleep silently opposite
- "The Andy Griffith Show" role
- Newspaper VIP
- Infrequency
- Pursuit for Carline Rhea
- Mr. Bogarde of film
- ___ bit harder (Put more effort in)
- "Glee" character played by Darren Criss
- Actor Mr. Elba
- Alone: French
- Against
- Captain Hook's sidekick
- Corn units
- Gull-like bird
- Powdered fruit-flavoured drink
- Lettered sports cars
- Old music high note

Friday's Crossword

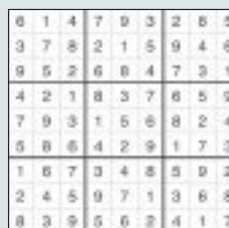


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 23°
MIN: 12°



MAX: 25°
MIN: 14°



MAX: 27°
MIN: 11°



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